



GRILLED STEAK AND FRESH MOZZARELLA FLATBREAD

Total Recipe Time: 20 to 25 minutes
Makes 4 servings



Steak meet salad. Salad meet pizza. A tasty introduction has been made.

INGREDIENTS

- 1 to 1-1/4 pounds beef Top Sirloin Filets, cut 1 inch thick, tied
- 1-1/2 teaspoons lemon pepper
- 2 cups packed fresh baby spinach
- 1/4 pound fresh mozzarella cheese, cut into 1/2 inch pieces (3/4 cup)
- 2 tablespoons chopped fresh basil
- 1-1/2 teaspoons balsamic vinegar
- 4 naan breads (Indian flatbread) or pita breads

INSTRUCTIONS FOR GRILLED STEAK AND FRESH MOZZARELLA FLATBREAD

1. Press lemon pepper evenly onto steaks. Place steaks on grid over medium, ash-covered coals. Grill, covered, 12 to 17 minutes (over medium heat on preheated gas grill, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
2. Meanwhile, combine spinach, cheese and basil in large bowl. Drizzle with balsamic vinegar; toss to coat and set aside.
3. Remove steak from grill and let stand 5 minutes. Place naan on grill; grill, covered, 1 to 3 minutes or until lightly browned, turning once.
4. Carve steaks into slices. Top naan evenly with spinach mixture and steak slices.

NUTRITIONAL INFORMATION FOR GRILLED STEAK AND FRESH MOZZARELLA FLATBREAD

Nutrition information per serving: 437 calories; 15 g fat (7 g saturated fat; 0 g monounsaturated fat); 92 mg cholesterol; 467 mg sodium; 37 g carbohydrate; 4.6 g fiber; 38 g protein; 7.7 mg niacin; 0.6 mg vitamin B6; 1.2 mcg vitamin B12; 3.9 mg iron; 33.1 mcg selenium; 4.9 mg zinc; 99.9 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc; and a good source of fiber and choline.

